

FOR THE AFTERNOON TEA

New Sandwich Idea That Carries With It a Distinct Sense of the Appetizing.

America has the best oysters and salads of any country in the world. Mrs. Lily Hawthorne Wallace, the English cooking expert, told the women at a pure food show cooking lesson at New York.

"The best way to cook an oyster," said Mrs. Wallace, "is not to cook it at all. There is an English saying, 'The more you do to an oyster the more it will do to you.' That means that the more you cook it the less nourishment you get."

But she gave them recipes to cook the best oyster in the world, the American oyster, if they were not content to eat it raw. The American salad is the best in the world. Mrs. Wallace says, because America has the greatest variety of fruits, vegetables, and other products of the garden and field. She gave the women a recipe for a new sandwich that a number of them said they were going to try immediately for afternoon tea.

Two ounces of almonds are salted and ground for the egg and almond sandwich and passed through the meat chopper. Two finely minced hard boiled eggs, blended with two table-spoonfuls of butter, are added, and the whole is seasoned and spread between thin slices of bread.



To give an alabaster effect to plaster casts dip them in a strong solution of alum water.

To remove hot water marks from jar and trays use sweet oil. Rub it in till all the marks disappear, then polish the tray with flour and a soft cloth.

When packing plaited skirts for a journey, baste the plaits down, lay them straight, and they will not need pressing when you arrive.

A good place to pack necessary bottles of liquids is to place them in an old shoe. They are less likely to be broken, and if they are the shoe will absorb nearly all of the contents and clothing will not be seriously injured.

A delicious and cheap dessert is made by pouring the juice of grapefruit over sliced bananas. They should be well chilled, and served in tall glasses with powdered sugar. One large grapefruit will serve eight people. Of course no cream nor lemon juice is needed with this.

Delicious Stew.

I use a small agate kettle and set it inside of my large boiler. Keep plenty of water in the large boiler and keep it boiling hard. One pound of stew beef, two pounds pork chops, two onions. Put in a layer of pork, then a layer of beef and a little onion, season each layer with salt and pepper. Continue until all the meat is used. Do not put any water on the meat, but cover as closely as possible and set in the large boiler of boiling water. Put a cover on the large boiler, too. Do not uncover the small boiler for three and one-half hours, then you will find lots of gravy on the meat.—Exchange.

To Keep White Dresses Clean.

Unless a white dress is laundered frequently here in the south it becomes quite yellow. I sewed two widths of navy blue paper cambric together, hemmed the top and bottom edges and ran a drawstring through the top hem. After pulling the tape tight, I tied it there. I slipped the bag over my dress that was suspended from a clothes hanger, pushing the hook of the hanger through the gathers at the top of the bag. The resulting supplement of the light with blue rays keeps the dress as white as one could wish.—Delineator.

Orange Float.

Two cups white sugar, juice of one lemon, one quart of boiling water, four table-spoons of cornstarch, wet with cold water, one table-spoon butter, cook until thick. When cold pour over four or five oranges and the sugar, set on ice and serve cold.

Cocoanut Drops.

Take one pound of cocoanut, a half pound of powdered sugar, the white of one egg, work all together roll into little balls in the hand and bake on buttered tin.

Consomme Jelly.

Clear soup stock by mixing when cold with whites of two eggs beaten and two eggshells. Let come slowly to a boil, then strain. Add one tea-spoonful of gelatine to ten cups of bouillon. Pack in ice and serve.

Apple Dessert.

Peel and core the apples, halve them, take one-half slice of bread, spread thickly with butter, sprinkle with sugar. Lay one-half apple on bread, core down apple more sugar and little cinnamon. Bake.

HOW GIRLS MAY AVOID PERIODIC PAINS

The Experience of Two Girls Here Related For The Benefit of Others.

Rochester, N. Y.—"I have a daughter 18 years old who has always been very healthy until recently when she complained of dizziness and cramps every month, so bad that I would have to keep her home from school and put her to bed to get relief."

"After giving her only two bottles of Lydia E. Pinkham's Vegetable Compound she is now enjoying the best of health. I cannot praise your Compound too highly. I want every good mother to read what your medicine has done for my child."—Mrs. RICHARD N. DUNHAM, 311 Exchange St., Rochester, N. Y.

Stoutsville, Ohio.—"I suffered from headaches, backache and was very irregular. A friend advised me to take Lydia E. Pinkham's Vegetable Compound, and before I had taken the whole of two bottles I found relief. I am only sixteen years old, but I have better health than for two or three years."



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THE LUCKIEST MAN.



Eben—So Miss Antique is going to get married at last. Who is the lucky man?

Flo—The clergyman. He's going to get paid for it and assumes no responsibility.

JUDGE CURED, HEART TROUBLE.

I took about 6 boxes of Dodds Kidney Pills for Heart Trouble from which I had suffered for 5 years. I had dizzy spells, my eyes puffed, my breath was short and I had chills and backache. I took the pills about a year ago and have had no return of the palpitations. Am now 63 years old, able to do lots of manual labor, am well and hearty and weigh about 200 pounds. I feel very grateful that I found Dodds Kidney Pills and you may publish this letter if you wish. I am serving my third term as Probate Judge of Gray Co. Yours truly,



Judge Miller. PHILIP MILLER, Cimarron, Kan. Correspond with Judge Miller about this wonderful remedy. Dodds Kidney Pills, 50c. per box at your dealer or Dodds Medicine Co., Buffalo, N. Y. Write for Household Hints, also music of National Anthem (English and German words) and recipes for dainty dishes. All 3 sent free. Adv.

The Other Fellow. Miss Oldmaid (purchasing music)—Have you "Kissed Me in the Moonlight?" Mr. Dopenutt—Why—er—no. It must have been the other clerk.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 10c a bottle.

Sometimes a burglar leaves little to be desired.

ROYALTY WELCOMES THE AMERICAN SETTLER

HIS ROYAL HIGHNESS, THE DUKE OF CONNAUGHT, WELCOMES AMERICANS TO CANADA.

It was a happy speech, that on that beautiful October day, the Duke of Connaught, Governor-General of Canada, made at Macleod, Alberta. It was an opportune speech, heartful and resonant with good fellowship. And, as it was specially intended for American ears, the audience, comprised largely of so many American settlers in Canada, the time and place could not have been better chosen.

It was in reply to an address of welcome tendered to him at the pretty city of Macleod, with the foothills of the Rockies as a setting, and the great wheat fields between, and in fact all around the place as the foreground, that His Highness, true to the best interests of the country and to those of the Americans who choose to make Canada their home, said in part:

"I am well aware that among those whom I am now addressing, there are a very great proportion who were not born under the British flag. Most of these will have realized by now that residence under that flag implies no disabilities. All we ask is that the laws of Canada should be obeyed."

"With this provision every one is free to come and go, to marry, to live and to die as seems best to him, and as it pleases Providence."

"We bring no pressure to bear on anyone to adopt the Canadian nationality, for we do not value citizenship which is obtained under compulsion."

"Our American cousins are welcome from over the border. Thrice we welcome our Canadian and British brothers, who return to the Union Jack, after living under the Stars and Stripes."

"History is repeating itself. For many years hundreds of young Britishers have sought fortune in the western States. Time has brought about a change, and the tide has set in the other direction, bringing across the frontier numbers of our neighbors to whom we are glad to return hospitality."

"One of the chief dispensers of such hospitality in proportion to its population has, as we have said, changed its character from an important cattle town to a thriving wheat producing area."

"What it has lost from the picturesque point of view, it has gained in the material side, and I wish, in conclusion, to express the hope that the prosperity which has evinced itself here for the past ten years, may continue unabated in the future."

There is no reason why at a hundred places on this educative, instructive and interesting trip of His Royal Highness he might not have expressed himself in the same terms, and on each occasion, addressed large gatherings of Americans who are now settled on the prairies of Western Canada.—Advertisement.

Shop Talk.

The inventor was talking to himself. "What with my heatless light, my leakless fixtures, my invisible ash-can and my disappearing bed, I have made the life of the urbanite well worth the living."

"Wrong!" corrected the down-weighted Benedict. "You have yet to perfect the footless meter and the vanishing gas bill."—Judge.

Equivocal.

"Thrifty habits are your friends?" "Yes, I suppose a man nowadays is known by the bank accounts he keeps."

If your appetite is not what it should be perhaps Malaria is developing. It affects the whole system. OXIDINE will clear away the germs, rid you of Malaria and generally improve your condition. Adv.

Many a boy has acquired some very good habits by not following in the footsteps of his father.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. The dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.

Terms. "There is one thing I've been wondering about." "What's that?" "How racing men take joy rides in a sulky."

To prevent Malaria is far better than to cure it. In malarial countries take a dose of OXIDINE regularly one each week and save yourself from Chills and Fever and other malarial troubles. Adv.

His Authority. "I thought you told me that man was a golden-mouthed speaker." "Well, I had it from his dentist."

A PENALTY OF AGE

The tendency of advancing years to restrict activity and exercise is responsible for the constipated condition of most elderly people. The wear of years impairs the action of the bowels and the digestive organs are more sensitive to the demands upon them and rebel more quickly. Cathartics and purgatives are violent and drastic in their action and should not be used to correct constipation. A mild, yet positively effective remedy, and one that is recommended by physicians as well as by thousands who have used it, is the compound of simple laxative herbs with pepsin prescribed by Dr. W. B. Caldwell over thirty years ago and now sold by druggists everywhere under the name of Dr. Caldwell's Syrup Pepsin. Dr. Caldwell wants everyone troubled with constipation to try Syrup Pepsin and will send a trial bottle, free of charge, to all who write for it. Address Dr. W. B. Caldwell, 203 West St., Monticello, Ill. Adv.

Wily Wooer.

Ardent Suitor—"I lay my fortune at your feet." Fair Lady—"Your fortune! I didn't know you had one." Ardent Suitor—"Well, it isn't much of a fortune, but it will look large beside those tiny feet."—Boston Transcript.

Calumet Ends "Bad Luck."

Remember when you were a youngster, what a trial baking day was? If Mother was lucky, everything went finely—but if she had "bad luck," her cakes and her pies and her bread were failures. Her success in baking seemed to depend almost altogether on "luck." Nowadays there's no such thing as "baking luck." At least, not in the kitchen of the up-to-date cook. Simply because Calumet Baking Powder smashed that old time idea. It has made baking sure of success. It has made inexperienced cooks able to bake perfectly, and day after day it is saving hundreds of dollars' worth of time and materials by doing away with costly failures. Calumet Baking Powder is the purest baking powder made—and guaranteed not only to BE pure, but to stay pure in the CAN and in the BAKING. Calumet has twice been officially judged the BEST baking powder made—receiving the highest awards at the World's Pure Food Expositions in Chicago (1907) and in Paris (1912). Adv.

Of Course.

"Women always succeed in civic affairs when they organize a broom brigade." "Naturally, they make a clean sweep."

Important to Mothers. Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the Signature of *Dr. J. C. Fitch*. In Use For Over 30 Years. Children Cry for Fletcher's Castoria

More Exact.

"I'm afraid Jukes is a regular rounder." "Oh, no. Jukes is a very irregular rounder."

NOT FIT FOR LADIES

Public sentiment should be against it, and we believe it is, there can be no reason why ladies should have to suffer with headaches and neuralgia, especially when Hunt's Lightning Oil gives such prompt relief. It is simply a question of getting the ladies to try it. All druggists sell Hunt's Lightning Oil in 2c and 5c bottles. Adv.

Parched.

"He says she made his life a Sahara." "Maybe that's why he has such a terrible thirst."

Regular practicing physicians recommend and prescribe OXIDINE for Malaria, because it is a proven remedy by years of experience. Keep a bottle in the medicine chest and administer at first sign of Chills and Fever. Adv.

We have noticed that the men who die for women nearly always do so at the hands of an injured husband.



Shipping Fever

Influenza, pink eye, epizootic, distemper and all nose and throat diseases cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S LIQUID DISTEMPER CURE. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for brood mares. Acts on the blood. 50c and \$1 a bottle. 50c and \$1 a dozen bottles. Druggists and harness shops. Distributors—ALL WHOLESALE DRUGGISTS.

SPOHN MEDICAL CO., Chemists and Bacteriologists, Goshen, Ind., U. S. A.

Color more goods brighter and faster colors than any other dye. One 10c package colors all fibers. The dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG COMPANY, Quincy, Ill.

Spur Farms are Good Farms

Crops of 1910-1911-1912 (considered as poor years in most parts of Texas), prove their sure value. The farmer looking for a substantial home, wonderfully productive, fine climate, perfect title from Swenson ownership, (no commission) can have the details for the asking. Any good farmer can make the land pay itself out on our low prices and easy terms. Spur Farm Land, (S. N. Swenson & Son, Owners). Spur, Texas

Different Kind. "I've got a chicken for you if—" "Sh! Come over here where my wife can't hear you. Now, what's her name?" "This is a chicken your wife ordered for your Sunday dinner."

ITCH Relieved in 30 Minutes. Woolford's Itchy Lotion for all kinds of contagious itch. At Druggists. Adv.

Marriage may either form one's character or reform it.

YOU'RE "All to the Good"

when the appetite is keen and your digestion perfect;

but what a difference

when the stomach "goes back" on you, when the liver becomes lazy and the bowels clogged. In such cases you need

HOSTETTER'S STOMACH BITTERS

right away. It really does the work. All Druggists.

Make the Liver Do its Duty

Nine times in ten when the liver is right the stomach and bowels are right. CARTER'S LITTLE LIVER PILLS gently but firmly compel a lazy liver to do its duty.

Cures Constipation, Indigestion, Sick Headache, and Distress After Eating. SMALL PILL, SMALL DOSE, SMALL PRICE. Genuine must bear Signature *W. D. Wood*

FREE TO ALL SUFFERERS

If you feel "out of sorts"—"run down" or "not the bit," suffer from kidney, bladder, nervous diseases, chronic weakness, blood, skin eruptions, etc., write for my FREE book. It is the most instructive medical book ever written. It tells all about these diseases and the remarkable cures effected by my French Remedy "THERAFON" No. 1, No. 2, No. 3 and you can decide for yourself if it is the remedy for your ailment. Don't send a cent. It's absolutely FREE. No "follow-up" needed. Dr. J. C. Fitch, Co., Haverstock Rd., Hampstead, London, Eng.

WEST INDIES and the PANAMA CANAL. 2 Cruisers, leaving NEW ORLEANS by S. S. Kronprinzessin Cecilie, Jan. 23, Feb. 10, 17 days each—\$250 and 10. Send for illustrated booklet. S. S. Kronprinzessin Cecilie, 205 Olive St., St. Louis, Mo.

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For Six Months. It is worth \$100 a copy to any man intending to invest any money, however small, who has invested money unprofitably or who can read or more per month, but who hasn't learned the art of investing for profit. It demonstrates the real earning power of money, the knowledge financiers and bankers hide from the masses. It reveals the enormous profits bankers make and shows how to make the same profits. It explains how stockholders' fortunes are made and why they lose \$100 grows to \$20,000. To introduce my magazine write me now. I'll send it free, absolutely FREE. H. L. BARBER, Pub. R. 490, 25 W. Jackson Blvd., Chicago, Ill.

THOMPSON'S EYE WATER. Quickly relieves weak, inflamed eyes. Sold everywhere. JOHN L. THOMPSON SONS & CO., Troy, N. Y.

Shipping Fever. Influenza, pink eye, epizootic, distemper and all nose and throat diseases cured, and all others, no matter how "exposed," kept from having any of these diseases with SPOHN'S LIQUID DISTEMPER CURE. Three to six doses often cure a case. One 50-cent bottle guaranteed to do so. Best thing for brood mares. Acts on the blood. 50c and \$1 a bottle. 50c and \$1 a dozen bottles. Druggists and harness shops. Distributors—ALL WHOLESALE DRUGGISTS.

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Death Lurks In A Weak Heart

If Yours is fluttering or weak, use "Heart Pills." Made by Wm. West, Memphis, Tenn. Price \$1.00